



SEAFORD STRIDERS NEWSLETTER

WE DON'T JUST RUN, WE ALSO HAVE FUN!

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March 2016

SUSSEX GRAND PRIX PRESENTATION EVENING

The Presentation Evening for the Sussex Grand Prix was held on Wednesday 10th February. Sadly the Seaford Striders were not ranked in the top three this year but we did have some notable winners. Firstly in the Open Categories:

MEN	3 rd overall place	Simon Fletcher
	20 th place	Scott Hitchcock
WOMEN	15 th place	Claire Keith



There were also winners in the individual age group categories:

MEN	V3	1st Place	Simon Fletcher
WOMEN	Senior	2nd Place	Claire Keith
		3rd Place	Anna Norman



Photos right are of Gareth Hutchinson (top) receiving his Club Grand Prix Award and Peter Weeks receiving his award for winning his age category in the Sussex XC Championship



AGM - 24th February

The Striders AGM on Wednesday, 24th February was very well attended and many of our runners were able to try on their new club T-shirts.

There were a number of changes on the committee. The post of Secretary is still vacant with Vicki Blaber kindly agreeing to continue on a temporary basis. The same is true of Grand Prix Rep with Phil Robinson offering to juggle this post alongside his work, travel and childminding duties. The posts of Men's Captain and Women's Captain have been combined into that of Race Captain, with Scott Hitchcock agreeing to take over this new role. Finally Chris Le Beau has taken over from Richard Kimber as Treasurer.

Many thanks on behalf of the whole club to those leaving and to others for agreeing to continue in post, either permanently or on a temporary basis – the club couldn't function without you! Other volunteers are still needed, so please, if you would like to know more about any of the following vacant posts, do not hesitate to ask the person concerned or discuss with any committee member.

FOLLOWING THE CLUB AGM

The following club members were appointed to the Committee:

Club Captain	Martin Bulger	Secretary	Vacant - Vicki Blaber
Treasurer	Chris Le Beau	Membership Secretary	Linda Jennings
Race Captain	Scott Hitchcock	Junior Leader	Peter Weeks
Grand Prix Rep	Vacant - Phil Robinson		
Cross Country Rep	Vacant	Editor, Press & Kit	Hilary Humphreys
Social Secretary	Terry Ward	Mince Pie Organiser	Linda Jennings
Website	Tom Roper	Social Media Assistant	Tony Humphreys

CLUB KIT

We do still have a few of the new club T-Shirts for sale at £10 each but I am happy to collate orders at any time. I do need to place orders in batches to save money and keep stock levels to a minimum. There are also a limited number of club vests and hoodies. Together with these we have old stock, which has been massively reduced to clear. Please see stock list on the club website for further details <http://www.seafordstriders.org.uk/Newsite/colours-and-kit/>. Alternatively, contact me direct hilary@hilton-it.co.uk

HYDE PARK 10K REPORT by Trevor Jones

For some while, I have been interested in doing a London run and looking through the events, I noticed the London Park Races, in this case the Hyde Park 10K. The cost was just under £16 (although about £3 more if not a member of a club) so I applied and arranged my travel and luckily, having a friend in Mitcham (South London), stayed the previous night with them.



Hyde Park is one of the largest Royal Parks and was established in 1536 as a hunting ground for Henry VIII but was opened to the public in 1637 by Charles I and features the Serpentine Lake, the Diana Princess of Wales's Memorial and Speakers Corner. It has hosted concerts by the likes of Pink Floyd, The Rolling Stones, Blur, Queen, Bruce Springsteen and Paul McCartney.



The 10K race started and finished by the bandstand and consisted of two 5K laps, personally not my favourite type of race. Unfortunately the weather was dismal, being quite cold for the 9.30am start, with misty and drizzly rain, which persisted throughout the morning, resulting in all 800+ runners getting very wet. A few bystanders had turned up to clap and encourage us on, which was much appreciated.

The winning time was 33:24. I managed 1:02:06, which was personally disappointing as the race was mostly flat and I have previously achieved a time of less than an hour for undulating 10K races. There was a race photographer in attendance and there was a reasonable goody bag of drinks, snacks and the all-important medal. The race number contained chip timing – important with so many runners. Ultimately, having started my day at 6.30am and endured rail bus replacements to get home to Seaford at 5pm, I felt that the medal was won for enduring the day rather than just for the 10K race.

PETT XC REPORT by Tom Roper

Four Striders contested the last race in the East Sussex Cross Country League for 2015-16 at Pett, a beautiful village just to the east of Hastings. This was a fitting climax, with lashings of mud and in warm but windy conditions, we darted in and out of woodland, up and down hills, and round the perimeters of fields. Scott Richardson of Wadhurst Runners was the first runner home, and Sue Fry of Hailsham Harriers was the first lady.

The first Strider home was Luke Borland in 34:45, followed by Anna Norman in 40:28. Peter Weeks defied a leg injury to finish in 41.38 and Tom Roper was last Strider home in 58:37. (Photos below in race order are courtesy of Lorraine West, East Sussex Cross Country League. <http://www.eastsussexcrosscountry.co.uk>)

Runners assembled in the village hall, with some excellent marmalade cake, for the end of series prize-giving. I am delighted to report that Peter Weeks won the over 65 men's category. The club prize went, by a margin of one point, to Lewes AC, second were Hailsham Harriers and our hosts for the last race, Hastings AC came third.



Luke, Anna and Peter ran in all six events, Tom in five of the six and Phil Robinson in three.

Other Striders who took part in some of the races were Beth Ruddock and Claire Bulger.

I would recommend the East Sussex Cross

Country League to anyone. I pre-entered, and a mere £12.50 entitled me to race in six events, and use the same number for each. Put that in your pipe of expensive events, and smoke it.

HAMPTON COURT ½ MARATHON by Phil Robinson, Sunday, 21st February

If you like your half marathon's flat then London events are the ones for you. The Hampton Court Half Marathon course is a looping circuit that starts and finishes in the grounds of Epsom College not far from Sandown Racecourse. It circles southwards to start with and then turns north-eastwards along the river Thames up to Kingston, before crossing the river and returning back on the other side of the waterway. It passes the stately golden gates of Hampton Court, of course, and then traverses the river one more time and heads back south to the finish line.

Race medal depicts the year of 1st race



My day started at the unearthly hour of 5 o'clock in the morning, when bleary-eyed cockerels are still trying to roll themselves out of bed. It was pitch black outside, but was at least colour coordinated with my Striders running kit. Into the car and up the M23 to the London orbital, the inevitable loo stop at the Cobham services, and then hey presto I'm parking up in the odd sounding suburb of Thames Ditton. Opening the car door to the sound of the dawn chorus, I realised the quiet roads meant I'd arrived quite early with time to kill. But I didn't because that's a crime.

Entering Esher College, the first thing you notice is the porta-loos, well the quantity to be more precise. I didn't count them but I'm sure there were at least 50 of them, in a long line like the palace guard. It was difficult to know which one to use first. I



was glad the weather was reasonably mild because the 8:30 start was delayed 15 minutes due to a park and ride issue. This event is only in its third year, and has proved so popular that it has doubled in size to nearly 4000 runners. So hardly surprising they ran into logistical problems.

Anyway, as we huddled like penguins sheltering from the wind in our race corrals, guess who turned up? None other than Henry VIII and Anne Boleyn – what are the odds of that? My advice to Henry would have been seek medical advice before attempting to run the race with that girth but fortunately he didn't ask and he wasn't running anyway.

Off we set, initially on closed roads for the first mile and then shared with light traffic the rest of the way. At two and a half miles breakfast must have kicked in hard because my GPS watch shows a massive sprinting spike of 15 miles per hour. I would have sailed passed Gareth Hutchinson and Simon Fletcher like a man possessed if they'd been running too. But alas looking at the course map I think the major railway bridge we passed under had something to do with it.

The race was won in an admirable time of 1:10 and the first lady home did so in 1:27. All very impressive. Last home were two ladies who came in equal 3855th and perhaps did a little bit of shopping in Kingston on the way. It was tempting, a lovely shopping centre! And what was my time? Another sub 1:35 so suitably chuffed. I fully recommend this race.

BEVENDEAN PARKRUN by Rhiannon Williams

As a Strider who rarely makes it out of bed on a Saturday before midday, taking part in my first parkrun seemed like good motivation to put a stop to this sloth-like behaviour! The course comprises of two grass laps set on downland with views over the city of Brighton - each lap being split in half gradient-wise by a steady ascent, thankfully followed by an equal measure of downhill towards the finish.

On this particular morning there were 35 runners taking part, making it one of the seemingly quieter events, but the atmosphere was super friendly (combined with a little bit of competitive edge!), which made getting up so early at a weekend less of a chore! We were blessed with a dry, sunny day and thankfully the grass underfoot was relatively firm. The chilling winds however, meant that all feeling was lost in fingers and toes, not returning until well into lap 2!

For my first parkrun I found the steep ascent of the course quite tricky, but Peter's amazing encouragement helped me get round with words of 'it is mind over matter!', 'no walking!' and 'imagine you're chasing a pint of lager!!' These comments certainly helped me on my way and made me laugh. The marshals were really kind and encouraging, including our own Tom Roper cheering us on at the top of the hill. It was a fun experience and I'm looking forward to checking out some other local Parkruns in future.

MARSHALS WANTED by Tom Roper

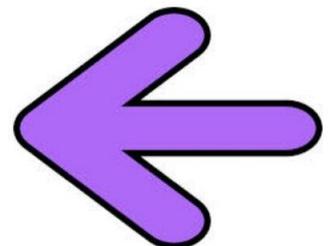
The Moyleman, the off-road marathon on the downs around Lewes, is looking for marshals. This time we have 150 runners covering the whole distance, and 25 teams of two relay runners, each covering half the distance.

The race starts at 10:00 on Sunday 13 March at Landport Bottom. I'm looking for marshals who can offer their services for the day, or parts thereof, between 9:00 and 16:00.

I can't offer much in the way of inducements, expect for a small gift for each marshal, and we'll enter you in a prize draw, for what the Race Director describes as a 'fabulous gastronomic experience'. Please contact me:

tom.roper@gmail.com or 07799 671321

THE MOYLEMAN



UPCOMING CLUB EVENTS

DATE	DETAILS
	<p>Monday, 7th March Monthly Training Session - 7.30pm – Lewes Track</p>
	<p>Monday, 4th April Monthly Training Session - 7.30pm – Lewes Track</p>

BRIGHTON ½ MARATHON by Scott Hitchcock

Brighton Half was a good solid and flat race with few corners. Most important from a runners perspective was the fact that it was well organised with copious amounts of marshals, signposts and volunteers. The finisher medal is one for the mantel piece. Supporter crowd was fantastic with the long flat course giving great potentials for PB's. The Park & Ride scheme seemed to work well and the weather conditions were excellent for running, especially for a February race - the sun even made a brief appearance. There was a great mix of runners of all abilities who collectively will have raised an amazing amount of money for numerous charities.

Started off on Madeira Drive, taking in the surroundings with the sea, pier and big wheel on the left with Sally Gunnell alongside Heart radio to get the runners motivated for the 9am start.

Circuit around the Old Steine for the 1st Mile. We headed east along the coast towards Ovingdean for 2 miles where there was Bands playing to keep up the morale. Sharp turn just before Ovingdean roundabout, heading west along the coast for 3 miles back towards the centre, where the masses of crowds and supporters were in big voice!



(Photo below Luke Borland and above 1064 – Scott Hitchcock)



Continued straight along the coast for further 3 miles until the Hove Lagoon turn on mile 9, passing FatBoy Slims house, who was also participating in the race! The next 2 Miles were on the Hove Promenade, this is where the wind was blowing head on and was for me the toughest part of the race. Mile 12 and we headed back on to the main road, eastbound where the finish line was in our sights.

The final push on that last mile was made so much easier by the thousands of people cheering us all on and the atmosphere helped more than one of the runners get their sprint finishes in.

Four of the Seaford Striders took part and delivered some cracking results with 3 out of the 4 achieving PB's. Sadly Simon Fletcher experienced a very bad stitch and was unable to finish. He was totally gutted as he too had been aiming for a PB in around 1:16, having already completed 10K in 36min. Our three finishers were Joshua Rudd 1:23:13 (PB); Scott Hitchcock, 1:27:03 (PB) and Luke Borland, 1:28:54 (PB)

FUTURE RACES

Entry details for most of the following races can be found by following the link: <http://www.sussexraces.co.uk>

Sussex Grand Prix (SGP) events are marked in red

Marshalls required at events marked in green

March – 12 th June 2016	
6 Mar	Eastbourne Half Marathon
6 Mar	Steyning Stinger Half + Marathon
6 Mar	Frosty Aquathlon (swim/run)
13 Mar	The Moyleman Marathon, Lewes
13 Mar	Sussex Half Marathon, Lancing College
13 Mar	Stanwick Lakes Spring Run Half, 10K & 5K
20 Mar	Hastings Half Marathon
20 Mar	Brighton Chicken Run
28 Mar	Lewes Easter Monday Races
28 Mar	River Thames Half
3 Apr	Mel's Milers 10K
3 Apr	Paddock Wood Half
9 Apr	Sussex Road Relays, Christ's Hospital
9 Apr	Compton Downland Challenge 20M
10 Apr	Hartfield 10K & Fun Run
16 Apr	Brighton Mini Mile Races
17 Apr	Brighton Marathon & BM 10K
17 Apr	Fuller's Thames Towpath 10, Chiswick
23 Apr	Maverick Original 24K - Midhurst
23 Apr	Harrold Pit Run 5K, Bedfordshire
30 Apr	East Grinstead 10M (Mid Sussex M. Wknd)
1 May	Haywards Hth 10M (Mid Sussex M. Wknd)
1 May	3 Forts Marathon & Half
2 May	Burgess Hill 10K (Mid Sussex M. Wknd)
2 May	Barcombe 10K & 6K
8 May	Run Together, Eastbourne 2.5K, 5K & 10K
8 May	Hastings 5M
8 May	Portslade Hedgehoppers 5 WSFRL
8 May	Seaford Half (new date)
12 May	Out of the Blue – Battle 10K
15 May	Horsham 10K
15 May	Starfish Marathon & Half + Team Marathon
15 May	Get Fit Boot Camp, Nutbourne Vineyards
15 May	Bognor 10K
18 May	Trundle Hill Run, Chichester, WSFRL
25 May	Bexhill Charity 5K
28 May	Rockabilly 5 - Peasmarsh
29 May	Rye 10M
29 May	High Weald Challenge, 50K Ultra & Half
4 June	South Downs Trail Challenge
5 June	Worthing 10K
5 June	Horsham 5K Race for Life
8 June	Beach Run, Littlehampton, WSFRL
12 June	Hove Park 5K & Junior Races, WSFRL
12 June	Hastings 5K & 10K Race for Life

18 th June 2016 - onwards	
18 June	South Downs Marathon, Half & 5K
18 June	South Downs Relay Marathon
19 June	Eastbourne 5K & 10K Race for Life
19 June	Worthing Seafront 5K Race for Life
25 June	Burgess Hill Downland Dash, WSFRL
25 June	Race to the King – Ultra - Slindon
26 June	Heathfield 10K
26 June	Crawley 5K & 10K Race for Life
29 June	Bexhill Charity 5K
2 July	Brighton 5K & 10K Race for Life
3 July	Pretty Muddy 10K Race for Life, Stanmer Pk
3 July	Bewl 15M
6 July	Steyning Roundhill Romp, WSFRL
8 July	Rye Summer Classic – 10K
10 July	South Coast Half, 10K, 5K & Fun Run, Seaford
13 July	Phoenix 10K (Wednesday)
23/24 July	Payne Games, Friston Forest
24 July	Henfield Seven Stiles, WSFRL
27 July	Bexhill 5K (Wednesday)
3 Aug	Worthing Highdown Hike, WSFRL
12 Aug	Rye Summer Classic Race 2 - 10K
21 Aug	Hove Hornets Stinger, WSFRL
21 Aug	Henfield Half
28 Aug	Will Page 10K, Newick (date tbc)
29 Aug	Kings Head Canter 5K
4 Sept	Fittleworth Flyers 5, WSFRL
9 Sept	Rye Summer Classic Race 3 – 5K
11 Sept	Hellingly 10K
11 Sept	Crawley Tilgate Forest, WSFRL
18 Sept	Hove Prom 10K
25 Sept	BIG 10M & Platinum Open Mile Junior Race
25 Sept	High Weald Challenge Trail Races 50K & Half
25 Sept	Barns Green Half
25 Sept	Get Fit Boot Camp, Nutbourne Vineyards
25 Sept	Sussex Trail Half
2 Oct	Sussex Marathon & Half
2 Oct	Lewes Downland 10M
9 Oct	Hickstead Gallop WSFRL
16 Oct	Bright10
23 Oct	K2 Crawley 10K
30 Oct	Lancing Steepdown Challenge, WSFRL
6 Nov	The Adder 10M & Friston Forest 5 charity run
12 Nov	Poppy Half, 10K & Junior Races, Bexhill
27 Nov	Crowborough 10K
Dec tbc	Mince Pie 10M